a bundle.

Tourist Belts

25c

regular 50c

Ladies.

Neckwear,

100

a big selection.

A 50c

Wrist Bag,

Gartor Elastic.

Iron Glue, 5c bottle.

Dress Shields.

10c

Jappanese

Hair Pins,

Heavy

Dressing Combs

10c

Boys' Shirt

Waists,

2c

a bargain.

10c fine quality.

1Gc Mennon's Talcum Powder.

special price 10c Stewart's

Safety Pins. all sizes, 10c Spool Silk

100 yards,

Darning Cotton, 10

Carnet Tacks. 10 a box.

> Shoe Strings. 10

CASH-CUSTOM-CUTS-THE-COST.

WILL MELT AWAY MONDAY

OUR HOT WEATHER SALE IS

Our buyers have been doing wonderful work. They are daily sending better bargains than ever before, and new goods are taking the place of the inroads that are being made upon our great stock by the busy bargain buyers. We are doing everything possible to keep the prices down. Be on hand early Monday and get your pick.

AN ODD LOT OF MOHAIR—One or two pieces of a color; just the thing for summer skirts; 60c 39c

BLUE BORDERD CRASH, 31/20

WHITE WASH SILKS, one 18c SILK MOUSSBLINE, all desirable shades; not the ordinary cheap 10c mousseline, but one-half silk.... 10c

AEOLIANS-blue, brown and green; a soft, clinging fabric; special 17c

JAP-AN-GEE SILK-Goods that were made to sell for 50c, on 25c

BLACK TAFFETA SILK, 26 inches wide; here are the best goods, 75c both for looks and wear...... 75c

ENGLISH NAINSOOK. 40 91/20 CANNON CLOTH, 30 Inches wide, best quality goods sold, no 1134c

FRENCH LAWN, 45 inches wide, sheer, fine cloth; you will find 15c it the best value you ever saw... LINEN LAWN, 36 inches wide, 25c a special Monday bargain......

LINEN CRASH, 18 inches wide, 7c

TABLE DAMASK, bleached Irish linen, 96 inches wide; not more than 10 yards to a buyer; there's not 39c enough for all who will want it,

HUCK TOWELS, 18x36 inches, extra heavy; you've paid 12 1-2c for 9 2 C these towels, Monday's price, WHITE SHEER WAIST LINEN, 36 inches wide; only five pieces to 250 be sold, so come early...... 250

SHEER INDIA LINON, 26 to 5c

Summer Underwear.

In this lot of Underwear you will find special offerings of the best made garments for ladies, misses, men and boys. There is such a wide and varied assortment here that you will surely be suited. Here's a couple of items which will serve as an index to this remarkable salughter of values: Extra Size Vests, well made, nicely 10c | Boys' Balbriggan Shirts and Drawers |

Ready-to-Wear Garments.

In this assortment we've put in a line of Shirt Waists, Skirts and Shirt-Waist Suits that for quality and style are unequaled. The prices of the two garments quoted below will give you an idea of how cheap they are:

CANNON CLOTH SKIRTS, fine linen finish, 980 | SHIRT WAISTS, in Lawn, Mousseline and \$4.98

Remember:—The Great Muslin Underwear Sale still continues New Bargains Daily. Second Floor.

We've arranged for some special Monday offerings. You'll find Mill Ends and remnants of Domestics, Dress Goods, White Goods, Wash Goods, &c., values heretofore unknown. You are bound to be pleased when you look over this lot. Take for example: MADRAS GINGHAMS, checks, stripes and 37%c PERCALES, 39 inches wide, in dots and small 634c

Agents for Standard Patterns.

HYGIENIC BODY BUILDING

A Series of Home Lessons, Prepared for The Sunday Times-Dispatch by Anton Schatzel, Director of Physical Training at the Young

Men's Christian Association, Portland.

disincilnation to exertion-in short, a general lack of organic vigor." The Remedy.

The best remedy for these conditions is to revert to man's normal mode of

living out of doors. Since outdoor occupations are few, and this manner

occupations are few, and this manner of life is impracticable for most men, systems of physical culture have been devised for practice in the gymnasium or the home to meet as far as possible the conditions. Regular systematic physical culture will do much to counteract the evils which spring from the immense mental amplication and the close

mense mental application and the close confinement involved in the civilization of to-day.

Exercise regularly, vigorously, and with enthusiasm. Have a definite time for it. Be persistent, and give it all your energy. Enjoy it to the full.

When to Exercise.

When to Exercise.

The best time to exeriese is from 10 to 12 in the morning and from 4 to 6 in the afternoon and from 8 to 9 in the evening. Don't exercise within two hours after a full meal, or one hour, after a light tunch. It is not advisable to exercise too rigorously before breakfast or within a half hour of retiring at night. Sleep is better when the circulation is

T. FAULKNER CO.,

Cash Daylight Store.

PHYSICAL CULTURE AND

First and Broad Streets.

normal. Discard all tight clothing be-fore you commonce exercising; have your room well ventilated at all times. Perform every exercise as illustrated with vigor and a will, and as soon as lassitude appears, stop. You have had enough. On your persistence depends your success and health.

Why Exercise. Exercise for health and strength will follow. Good health does not mean the muscles of a gladiator of the strength of a Hercules. The hod-carrier is not a

How Much Exercise Will Keep a Man in Good Health.

specimen of perfect development

movement must be entirely in the waist, and only enough in the shoulder to bring the arms down. Kid Curlers. 10



EXERCISE 3.

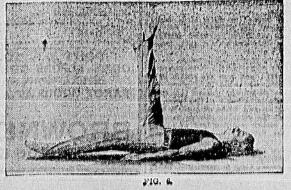
From Fig. 1 swing arms sideways to over head as shown in Fig. 2, keeping your chest projected and chin draw back. This movement must be entirely



From Fig. 1 benid body to the left, and then to the right, as shown in Fig. 4. This movement is entirely in the walst. The legs must be kept straight and stiff, with heels firm on the floor.







Davenport

FIVE

\$135 to \$190

FULL STOCK

of the famous

Chickering

and Treacy

Become a Stockholder

Southern Interstate

To Be Organized With an Authorized Capital of \$1,000,000. Shares \$1.00 Each.

This Bank stock offers an unusua

This Bank stock offers an unusua opportunity for a safe and profitable investment. Stock may be paid for in ten monthly instalments. Subscriptions received from \$10 upwards Blanks and particulars furnished or application to S. Galeski, Chairman Organization Committee, 737 Eas Main Street. Second floor.

Don't miss the opportunity



etc., accent on "etc."

VIRGINIA STEAM LAUNDRY.

STEAMBOATS

OLD DOMINION U STEAMSHIP COMPANY

Night Line For Norfolk.

Leave Richmond every evening (foot Ash Street) at 7 P. M., stopping at Newport News en route. Fare \$2.50 onle way, \$1.50 round trip, including stateroom berth; meals, 50c. each. Streets Cars to Steamer's Wharf.

FOR NEW YORK.

P. M. BOSWELL, City Ticket Agent, 508 E. Main Street, J. F. MAYER, Agent, stramer's Wharf; H. B. Walker, V. P. and T. M., New York, N. Y.



IRGINIA NAVAGITION CO.

JAMES RIVER DAY LINE.

STEAMBR OLD POINT COMFORT leaves MONDAY. WEDNESDAY AND FRIIDAY.

A. M. for Norfolk, Portament,
Old Foint, Newfort.

Ciarement and James River
Wachington, Baltimors and the North. State
points reserved for the night at moderate
prices. Electric cars direct to the wharf. Fare
prices, Electric cars direct to the wharf. Fare
prices, Electric cars direct to the wharf. Fare
into any company of the company of

E. A. BARBER, Jr., Secretary.



CLYDE STEAMSHIP

Scenic Route to the West

2 Hours and 25 Minutes to Norfolk

June 4-1906.
LEAVE RICHMOND-EASTBOUND
5 A. M.—Daily—Local to Newport New

LEAVE RICHMOND—EASTBOUND.

7:55 A. M.—Daily—Local to Newport News and way stations.

6:00 A. M.—Daily—Local to Newport News 10:30 A. M., Daily—Limited—Arrives Williams—burg 9:56 A. M., Newport News 10:30 A. M., Old Point 1:30 A. M., Newfolk 1:25 A. M., Portsmouth 11:56 A. M.,

4:69 P. M.—Daily—Special—Arrives Williams—burg 4:56 P. M., Newport News 5:50 P. M., Old Point 6:40 P. M., Norfolk 6:25 P. M., Portsmouth 6:45 P. M., Norfolk 6:25 P. M., Norfolk 6:25 P. M., Portsmouth 6:45 P. M., Norfolk 6:25 P. M., Norfolk 6:25 P. M., Portsmouth 6:45 P. M., Norfolk 6:25 P. M., Norf

ys.

James River Line Local from Clifton Fors

is P. M. daily; Gladstone Accom. 8:40 A. M.

is Sun.

SOUTHERN RAILWAY

1:00 A. M.—Daily—Local for Charlotte, N. C.

Alfania and Birmingham, New Orleans,
Memphis, Chattanoga and all the South
With through ceach for Chase City, Oxwith through ceach for Chase City, OxCharleston and Raisley
1:30 P. M.—Bail Sindarf-chase City Local.
1:30 P. M.—Dail Sindarf-chase City Local.
The favorite route to South Iman ready 9:38

F. M., for all the South Iman ready 9:38

F. M., for all the South Iman ready 9:38

F. M., for all the South Iman ready 9:38

F. M., For M. Local Conference and Eastern
Connecting with steamers for Ealtimore
and river landing. Steamers call at Yorktown and Clay Bank Mondays, Wednesdays and Fridays, and at Gloudester Point
and Allmonds Tuesdays, Thursdays and
Saturdays.

days and Fridays, and an and Allmonds Tuesdays and Allmonds Tuesdays. Thursdays and Allmonds Tuesdays. Thursdays and 4:45 A. M.—Except Sunday—Local mixed for THAINS ARRIVE RICHIMOND.

1:53 A. M. and 6:42 F. M.—From all the South.

3:55 P. M.—From Charlotte and Raleigh.

3:50 P. M.—From Charlotte and Raleigh.

4:50 P. M.—From Charlotte and Raleigh.

5:50 P. M.—From Charlotte and Raleigh.

5:50 P. M.—From Charlotte and Raleigh.

6:50 P. M.—From

P. T. M. B. BPENCER, Gen'l. Mgr.,
Washington, D. C.

R. F. & P. Richmond, Fredericks-burg & Potomac B. B. Frains Leave Richmonds-Northward.

Prems Leave Michmonds-Northward.
4:16 A. M.—Daily-Syrd St. Through.
6:26 A. M.—Daily-Main St. Through.
7:26 A. M.—Week Days—Elba Ashland Accommodation.
8:46 A. M.—Daily—Byrd St. Through. Local stops. stops. Week Days—Byrd St. Through. burg Accommodation.

6:06 P. M.—Daily—Main St. Through.

6:30 P. M.—Week Days—Elbs. Ashland

6:50 P. M.—Week Days—commodation.

5:05 P. M.—Daily—Byrd St. Through.

Trains Arrive Richmond—South Week Days-Elba. As 8:20 A. M. - Week Days - Byrd St. Fredericks burg Accommedation. 8:35 A. M.—Dally—Byrd St. Through 11:50 A. M.—Week Days—Byrd St.

7:15 P. M.—Daily—Byrd St. Through. 1:10 P. M.—Daily—Byrd St. Through. Local

s. 10 P. M. Daily-Main St. Through.
NOTE-Pullman Sleeping or Parlor Cars on all above trains except trains arriving Roinmond Iliô A. M. week days, and local secommodations.
Time of arrivals and departures and connections not guaranteed.
W. D. DUKE, C. W. CULP, W. P. TAYLOR, Gen'l. Man'r., Ass't. Gen'l. Man'r., Traf. Man

LEAVE RICHMOND DAILY.

5:00 A M.—NORFOLK LIMITED. Arrives
Norfolk 11:20 A. M. Stope only at Petersburg,
Waverly and Suffolk.

5:00 A M.—CHICAGO EXPRESS. Buffet

6:00 A M.—CHICAGO EXPRESS. Buffet

8:00 A M.—CHICAGO EXPRESS. Buffet

10:10 A M.—CHICAGO EXPRESS. For

10:10 Buffet

10:10 A M.—CHICAGO SHOULD LIMITED. Ar
rives Norfolk 8:30 P. M. Stops only at Peters

10:10 A M.—CCEAN SHOULD LIMITED. Ar
rives Norfolk 8:30 P. M. Stops only at Peters

10:10 A M.—CUEAN SHOULD LIMITED. Ar
rives Norfolk 8:30 P. M. Stops only at Peters

10:10 A M.—CHICAGO SUFFILM SUFFILM SHOULD LIMITED. Ar
rives Norfolk 8:30 P. M. Stops only at Peters

10:10 A M.—CHICAGO SUFFILM SUFFILM SHOULD LIMITED. Ar
rives Norfolk 8:30 P. M. Stops only at Peters

10:10 A M.—CHICAGO SUFFILM SUFFILM SHOULD LIMITED. Ar
rives Norfolk 8:30 P. M. Stops only at Peters

10:10 A M.—CHICAGO SUFFILM SUFFILM SHOULD LIMITED. Arburg to Chattanooga, Memphis and New Or-leens, Cafe Dining Car.

3:50 P. M.—ST. LOUIS EXPRESS. Pullman Sleeper Petersburg to Roanoke and Roanoke to Columbus, Dining Car. Columbus, Dining Car.
Trains arrive from the West 7:43 A. M., 2:0
P. M. and 9:13 P. M.; from Norfolk 11:40 A. M.
and 5:40 P. M.
Office No. 333 East Main Sirest.
W. B. BEWILL, C. H. BOSLEY,
Gen'l. Pass. Agt.
Itist. Pass. Agt.

SEABOARD

AIR LINE RAILWAY

TRAINS LEAVE RICHMOND—DAILY.

1:10 A. M.—Local—For Norina and Hamiet.

1:20 P. M.—deaboard Fast Mull—daysamah.

10:00 P. M.—Seaboard Fast Mull—daysamah.

10:00 P. M.—Seaboard Expl. Sullivest.

10:01 P. M.—Seaboard Expl. Bouthwest.

10:11 P. M.—Seaboard Expl. Bouthwest.

10:12 P. M.—From Florida, Atlanta and Southwest.

10:12 P. M.—From Florida, Atlanta and Southwest. FRAINS ARTHUR.

6:55 A M-From Florida, Atlanta and Southwest.
4:55 P. M.-From Florida, Atlanta and Southwest.
6:50 P. M.-From Local Points.
16:50 P. M.-From Local Points.
17:50 P. M.-From Local Points.
18:50 LEARD.
Dist. Pass. Agent. City Ticket Agent.

Dist. Pass. Agent. City Ticket Agent.

ATLANTIC COAST LINE.

TRAINS LEAVE RICHMOND DAILT—SYRDSTREET STATION.

EFFECTIVE SUNDAY, APRIL 18TH.

9:05 A.M.—A.C. L. Express to all points
South.

9:06 A.M.—Petersburg and Norfolk.

12:10 P. M.—Petersburg and Norfolk.

12:10 P. M.—Petersburg and Norfolk.

13:06 P. M.—Petersburg and Norfolk.

14:06 P. M.—Petersburg and Yest Indian Lim16:46 P. M.—Petersburg Local.

16:46 P. M.—Petersburg Local.

16:47 P. M.—Petersburg Local.

16:48 P. M.—Petersburg Local.

16:49 P. M.—Petersburg Local.

16:49 P. M.—Petersburg Local.

16:40 P. M.—Petersburg

RICHMOND AND PETERSBURG

ELEUTHIC RAILWAY.

Cars leave corner of Perry and Seventh Streets, Manchester, every hour (on the hour) from \$\frac{1}{2}\$ M. to 10 P. M.; last car 12 midnight, cars, every Petersburg, foot of Sycamore Streets, every hour from \$\frac{1}{2}\$ M. to 10 M. M

STEAMBOATS.

MERCHANTS AND MINERS TRANSPORTATION COMPANY PHILADELPHIA Boston, Mass., & Providence, R. I.

RICHMOND AND NORFOLK LINE.

Freight received and delivered only at C.

and O. Rwy. Co.'s Depoit, Seventeenth and Broad Streets. H. K. WOODFIN, Soliciting Agent, Va. Nav. Co.'s Wharf, Recketta.

Cash | HOPKINS FURNITURE CO. | Credit OUR JUNE **CLEARANCE SALE**

Full-Size Folding Go-Cart Perforated Seat, special,

The human body is what we make it; muscles and nerve cells reflect the whole previous hygiente history of the man. Nutrition, strength of tissue and organic function are the joint product of diet, exercise and other personal habits of life. Modern conditions of living and of labor are responsible for a deplorable lack of organic vigor, especially among the people of our cities. This tendency to physical degeneration is due principally to the lack of muscular exercise involved in sedentery employments. The man who works at a bench or sits in an office must pay the price with his life soone; or later by the abridgement of its power day, by delay, by being cut off before his time, or in the degree of health and longevity, or his children, inhess some means is found to counteract the physical deterioration which logically results from his occupation.

sical deterioration which logically results

Result Most Common.

The common result of lack of mins-cular exercises are stooping posture, flat chest, protruding adbomen, weak, flabby muscles, "inefficient heart ac-tion, indicated by shortness of breath, perhaps indigeation and constipation, headaches, lassitude, loss of sleep and

from his occupation.

\$1.75

Mattings.

12¢ for China Matting that usually sells for 186. 15c for China Matting that usually sells for 22c.

256 for China Matting that usually sells for 85c.

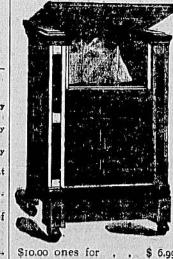
30c for Heavy China Matting that usually sells for 466, 25¢ for Japanese Matting that reg-All Mattings laid free of

charge,

PAY THIS WAY

\$25 worth, \$1 cash, 50c. a week. \$50 worth, \$1 cash, \$1 a week, \$100 Worth, \$2 cash, \$3 & week.

Refrigerators.



\$12.00 ones for . . \$ 7.99 \$15.00 ones for . . \$18.00 ones for . . \$11.29

Cheapest Cash or Credit Store in the City,



\$10.00 ones for . \$ 6.99

\$25.00 ones for . . \$15.69

BOSTON, PROVIDENCE, NEW YORK,
BALTIMORE AND WASHINGTON
VIA NORFOLK AND WESTERN
RY. AND STEAMERS.

The "Ocean Shore Limited," leaving
Richmond daily at 3 P. M., arriving Norfolk 5:20 P. M. (quickest time made between the two cities), makes close connaction with Merchants' and Miners' Line,
Old Dominion Line and Bay Line steamers, sailing from Norfolk to above points.
This is the only afternoon train from
Richmond connecting at Norfolk with
Merchants' and Miners' steamers. Passengers desiring to do so may leave Richmond at 9 A. M. and spend day in Norfolk. For tickets, stateroom berths and
general information, apply to John 12,
Vagner, City Passenger Agent, Norfolk
and Western office, No. 533 Fast Main
Street.

Dist. Pass. Agent,

which will keep an average man in good health is from two to four hours. Double the amount of time will secure quicker results, better health, and stronger development. It is better to divide the time between at least three days. Avoid working for mere size of muscles.

First Week's Lesson.

First Week's Lesson.

The first week's lesson consists of hygienic body movements for the correction of faulty position, the clearing away of waste tissue and tho making of the scoond week's lesson, when in most cases real development will begin. Follow the simple rules:

Bathing—For daily use the sponge bath is the most satisfactory. Inimiediately after exercising spongs the body, first will warm water, then quiekly sponge off with cold water and dry the body thoroughly with a course towel.

The bathing and rubbing will give you the firm, velvety and healthy colored skin possessed only by those who take

the proper amount of daily exercise.

The best evidence that your bath has done you good is the sensation of warmth and elevation of spirits, thus proving that the bath, properly taken, is a natural tonic and stimulant. This is the safest bath for all to take.

Sleeping—The laws of nature demand rest to gather new sirtength and life force for the following day. Most of the regeneration of the body takes place during sleep. The wear and tear is made good and new supply of force is accumulated for expenditure during the following day. Hence sleep is very necessary to good health and strength.

Experience teaches us that eight hours of adult life out of every twenty-four should be spent in sleep. Loss of sleep is as wearing as loss of food. It is better for the health to retire at 10 P. M. than at 12. Sleep in a large ventilated room (raise the lower sash, and lower the top sash, don't let draft strike you). Remember that life depends upon oxygen, and must have it. Refuse it, or rebreathe it, or stay in a room with dead air, and the blood stagnates, causing dreams. The muscles put on a tired feeling and drowsi-

fuse it, or rebreathe it, or stay in a room with dead air, and the blood stagnates, causing dreams. The muscles put on a tired feeling and drowsiness follows. Loss of sleep is due solely to this, and cured not by medicine, but by oxygen, which is always plentiful in a well ventilated room.

Eating—Dyspepsia, Indigestion, is the phantom of the American nation. A large majority of our people suffer from the maladies of the digestive system. We live in an age of flurry and worry, and eat too fast. The first important requirement of hattire is to masticate our food properly, and not overeat. It is when we do not chew our food properly, that we find one of two hours after a meal gases and eructations begin to trouble us. Supply your body with good food, eat slowly. Chew your food well, mix it well with saliva, as this is the most important substance to prepare the food for normal digestion. Enjoy the fait insteo of all those eatables which contain nutrition, fuel and energy necessary to sustain the human constitution. This with daily systematic exercise will give you the healthy vigorous body, clear eye, sweet breath and sound organs as well as a developed mentality and majestic appearance.

eye, sweet breath and sound organs as well as a developed mentality and majestic appearance.

Complete rules on personal hygiene will be found in each week's course, gid as follows: Breathing, circulation, bathing, clothing, drink, food, fest, eyesight, constipation, how to increase weight, how to reduce weight, etc.

Those who are interested in the subject and desire to consult me may do so at any timie. My only desire is to do some good to those sufferers who have brought about their condition by the wrong methods of living, and teach them the right way of enjoying good health. If I have accomplished this, I shall feel that my labors have not been in vain.

Fig. 1 shows the correct standing position from which each exercise is started unless otherwise stated. Stand drect, with shoulders drawn back and down, chin drawn in, and chest projected. Practice each exercise is time before going to bed.

FXERCISE 1.

From Fig. 1 swing arms straight and stiff forward to over head, as shown in Fig. 2, keeping your chest projected and chin drawn back. This movement must be entirely in the shoulders.

Froin Fig. 2 bend forward and down, carrying the arms down with this movement until you are able to touch the floor with the flagers. This requires a little practice, but with a little persistency and a few days' trial, snyone ought to be able to perform this exercise as illustrated. Legs and arms must be kept straight and stiff during the exercise. The

DXERCISE 6.

Lie down on the floor with body straight, shoulders placed firmly against the floor and chest projected. Raise the left, then the right leg, alternately, as shown in Fig. 6. During this entire movement, the legs must be kept straight and stir at the knees, and the toos extended. Note. It is important that each week's course be kept on file as I shall have to refer continuously to the instructions given in the preceding courses.

